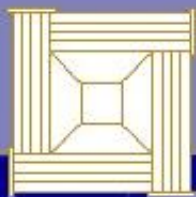


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# Health Insights

from the office of Dr. Bertrand Babinet

## ANNOUNCEMENTS



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**Dear Bertrand,**

Health Insight Newsletter. April 2013

### Maintaining excellent health

One of the challenges we have is maintaining ourselves as well as possible. The primary purpose of the health industry as a whole is to attend to the sick, which for the most part is the management of disease. The promotion, restoration and maintenance of health are another domain. We will address maintaining health from a philosophical and practical point of view.

### Health is physical, psychological and spiritual effectiveness.

Spiritually, health comes through receptivity. Spirit is the source and we cultivate our ability to connect and to receive. Psychologically, the key to health is service. We receive our fulfillment through Spirit and then use our skills, talents, abilities, experience and credibility in service to others. Physically health is predicated on taking care of our needs and keeping our body and it's functions in optimal shape.

### Breathing and exercise

Our most vital basic need is breathing followed

closely by circulation. People for the most part are shallow breathers. Learning how to engage the diaphragm and the lower ribs in the back is critical to improve this function. As far as circulation is concerned, the key element is regular exercise. The body is designed to move and what we do not use we lose. This includes muscle tone, aerobic as well as vitally important flexibility. A comprehensive exercise program includes full range of motion, aerobics, resistance training and relaxation.

### What is a healthy diet?

Different people from different cultures with different physiological characteristics have different needs. There is no one diet that fits all. However, certain factors seem to apply to everyone. Refined carbohydrates, such as white flour and white sugar, are disastrous for everyone. Large quantities of fruit juice or exotic fruits would fall in the same category as well as excessive consumption of dried fruit. Other foods to avoid are processed food, non-organic food, soda (diet or not) and reliance on a very limited choice of food. The body needs diversity and high quality.

### Weight Management

Anyone who is 10 pounds over healthy weight would do well to seek assistance in losing the weight and then maintaining their ideal weight. Excess weight is the main cause of degenerative diseases. We have a very good system that works as we have come to realize that the key includes weight management and not just weight loss.

### What about supplements?

This is tricky. The ideal source of nutrients is our food. If the quality of our food is great and very balanced this should be enough. However, this happy situation is virtually impossible in our current society. Assuming a lack of specific issues, the ideal supplement regimen into our 50's would focus on making sure that we compensate for any nutritional deficiencies in our food. We also want to enhance absorption, stimulate detoxification and reduce the impact of stress on our bodies. Supplements need to be targeted to the body and the mind. The "[Prime Formula](#)" was specifically designed for that purpose. It contains 8 pills in a little bag, and for most people is enough to maintain optimal health.

#### Anti-aging

Anti-aging needs to start at the cellular level. Our cells have a restorative capability and a pro-inflammatory response that can lead to cellular abnormalities. In technical terms, we want to up-regulate the regeneration (anabolism) and down regulate the degeneration (catabolism). In my practice I primarily use three products to maintain optimal cell function: Cell Guardian, [Resveratrol Extra](#) and [PureCell](#). All these protect the cells from oxidation and degeneration. The combination of the Prime Formula as a foundation and these products as anti-aging complements provide optimal protection to the body as well as decreasing the risk of degenerative diseases.

#### What other key issues need to be addressed?

We all come with certain genetic sensibilities that can be managed and corrected. Issues such as elevated cholesterol, sugar

metabolism, weight, mild depression, low thyroid, mild hypertension, bone loss, etc. There are also gender issues, which affect many aging individuals, such as menopausal symptoms in women and prostate issues in men. All of these health challenges respond well to natural treatment.

### Health common sense

Exercise regularly and drink enough water. Take the time to rest, relax and play. Eat healthy food. Do not let yourself get overweight. Take vacations and hang out with friends. Use the medical system only for crisis and otherwise look for health enhancement rather than disease care. Rely on a simple system of supplements not on handful of pills. Address potential genetic and aging disorders in a timely way. In doing all this you have the opportunity to use our current "health" care system and pharmaceuticals in their proper place and perspective, rather than as your prime option for your health and wellbeing.

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### **Bertrand's Bio**

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Dr. Bertrand Babinet is a health intuitive who has created a revolutionary approach to optimal Health and Wellbeing. His purpose is to help you identify natural strategies to restore balance and harmony in your body and your life. To accomplish this, he has created many tools of assessment and treatment that cover both the physical and the psychological levels. He works with individuals, couples, families, organizations and the physical environment to optimize health, effectiveness and

creativity. Dr. Babinet holds a PhD in Human Development and a Masters Degree in Spiritual Counseling. He is a board certified acupuncturist by NCCAOM and licensed acupuncturist in Colorado

and has been practicing Chinese medicine for the past 19 years. He holds certifications in Nutrition, Functional Endocrinology, Functional Blood Chemistry, Postural Integration, Neural Organization Technique (NOT) and Nanbudripad Allergy Elimination Technique (NAET).

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